

budget printing
(1979) LTD.
www.bprint.com

10% OFF
YOUR ORDER

NO CASH VALUE - MAX DISCOUNT \$100 - EXPIRES FEB 29, 2012

15616 - 116 Ave, Edmonton
780.451.4546 • www.bprint.com

SCI-FI?

IS MOVIE FICTION MOVING CLOSER TO REALITY? {page 14}



\$0 DOWN
0% FINANCING

Financing
Available O.A.C.

7007

KING, MD
experience.

EDMONTON

metro

Tuesday,
January 31, 2012
www.metronews.ca

News worth sharing.

Distracted drivers targeted in February

► Police are set to begin a crackdown on illegal driving ► 94 per cent of the nearly 800 tickets issued so far have been for using a cellphone, says the Edmonton Police Service



SHELLEY WILLIAMSON
@METRONWS.CA

Old habits die hard, and Edmonton police are planning a crackdown on those who can't seem to kick distracted driving.

Since the law came into effect Sept. 1, a total of 778 tickets have been issued. That's an average of 200 per month.

"We haven't seen a decrease yet," said Sgt. Barry Maron of the EPS traffic section. "But on the other hand, we haven't been out actively enforcing it."

Distracted drivers have not been specifically targeted, but EPS will focus on them throughout February.

"We believe it's one of those things the public needed time to try to get their heads around," said Maron. "It takes a while to change the core habits."

Phoning it in

► Drivers caught doing things such as talking on the phone or grooming while driving are fined \$172.

► There is an exemption for motorists making Curb the Danger calls to police in an effort to get suspected drunk drivers off the road.

More officers will be on the lookout and there will also be an enforcement blitz over one undisclosed weekend.

According to the Alberta Motor Association's Don Szarko, about 3,000 tickets have been issued throughout the province.

"I think we have a good thing in Alberta," he said. "It will be even better when we're enforcing it, and Albertans will eventually get it. Hopefully."



► Edmonton police are cracking down on distracted drivers throughout the month of February as part of STEP, the provincial Selective Traffic Enforcement Program.

Bullying

Mean girls and boys

► It may not always look the same, but both sexes bully ► Metro's series continues {page 6}

Made for walking

Taking a stroll may stop the desire for a treat {page 17}



STI rate on the decline

'Edgy' campaign brings fall in infections in Alberta: Officials {page 3}



INTRODUCING THE 2012 BMW X1 xDRIVE28i WITH ALL-WHEEL DRIVE.

PERFORMANCE WITHOUT COMPROMISE.
6.5 L/100 KM HIGHWAY AND 10.2 L/100 KM CITY.

THE 2012 BMW X1 xDRIVE28i
ONLY UNTIL JANUARY 31.

PAYMENT
\$599
Monthly

RATE
5.85%
84 MONTHS

NO-CHARGE
SCHEDULED
MAINTENANCE
4 YEAR / 80,000 km†



BAVARIA BMW • 18925 STONY PLAIN ROAD
780.484.0000 • BAVARIA.BMW.CA

May not be exactly as shown. Total MSRP \$43,357.25. This includes Freight, PDI, AMVIC Fee and A/C tax Plus GST. Finance through BMW Canada at 5.85% over 84 months. \$599/month with only \$4,300 Down.



Buy a house... fill a home!

Buy a home in Creekwood.
Get up to **\$25K in Southgate gift cards!**



CreekwoodChappelle.com/Southgate



 @LifeInCreekwood

 LifeInCreekwood

Showhome Hours:

Mon-Thurs, 2–8 pm

Sat-Sun, 12–5 pm



Chunk of Edmonton drugstore giant sold

U.S. health-care giant McKesson Corp. is buying a big part of Edmonton-based drugstore operator Katz Group Canada for \$920 million.

The California-based company announced late Monday it will acquire the independent outlets and franchise businesses of Katz. Those mainly operate as I.D.A. and Guardian brands across Canada.

Daryl Katz, chairman of the Katz Group, said the sale involves non-core businesses and will not affect the company's corporate drug chains such as Rexall and Pharma Plus.

"This transaction unlocks significant value through the sale of two outstanding but non-core assets," the Katz Group chairman said in a separate release.

"We will intensify our focus on our corporately owned Rexall and Rexall/Pharma Plus store network to accelerate the growth of our Rexall brand and the value proposition that it represents to our patients and customers. We will also accelerate the growth of our related real-estate interests."

The independent drugstores acquired operate under the Drug Trading Company Ltd. name and consist of about 850 I.D.A. and Guardian pharmacies.

Medicine Shoppe, the franchise business, provides services to 160 independent pharmacies in Canada. **THE CANADIAN PRESS**



► Dr. Andre Corriveau, Alberta's chief medical officer of health, speaks to media at the Alberta legislature on Monday.

STI rate on decline in Alberta: Report

- Gonorrhea cases up despite overall drop in infections
- Chlamydia cases doubled from 2000 and 2010



SHELLEY WILLIAMSON
@METRONEWS.CA

Thanks to an "edgy" online campaign, sexually transmitted infections have declined for the first time in Alberta since 2004, according to Alberta Health and Wellness.

The findings were part of an annual report, which revealed 16,298 new cases in 2010 versus 17,217 the year before.

HIV and AIDS numbers

were also the lowest in 20 years, with 30 new cases in 2010.

"In 2010, the rates of HIV were the second-lowest since 2000," said Dr. Andre Corriveau, Alberta's chief medical officer of health.

New rates of STIs were 430 per 100,000 in 2010, versus 469 in 2009, said Alberta's minister of health and wellness, Fred Horne, adding he'd much prefer "zero."

The highest rates of infection were among gay

and aboriginal men.

In May, Alberta launched a \$14-million, five-year plan, which included Internet and TV ads.

One positive has been increased testing, but work remains in some areas, Corriveau said.

"We know that STI, HIV and AIDS remain a serious public-health concern in our province. Babies born to mothers with syphilis, what we call congenital syphilis, continues to be a concern," he said, noting

By the numbers

- Gonorrhea rates for Albertans in 2010 were 32 out of every 100,000, down from 43.8 the year before and below the national average of 33.9.
- Chlamydia affected 353 per 100,000 in 2010, which far surpassed the national average of 279.4, but is down from 2009's rate in the province of 379.3.
- Northern Alberta saw the highest rates of STIs in 2010, with 553 cases for every 100,000 people. Edmonton saw 480 cases per each 100,000, far exceeding Calgary's 386.

there have been 27 cases in babies since 2005.

One negative finding: Chlamydia and gonorrhea cases have doubled since 2000.

1

news



From nuclear terrorism to personal theft, Indy battens down hatches for Super Bowl. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

Twitter's awful recruitment video wants you and your droll wit. Watch at metronews.ca/video

Follow us on Twitter
@metroedmonton



A MINI WITH A HUGE PACKAGE.

Introducing the special edition MINI Knightsbridge. Well equipped with a glass sunroof, heated seats, and Bluetooth & USB audio interface.

LEASE RATES FROM
2.9% APR*
FOR 48 MONTHS

\$2,675 DUE ON SIGNING. LICENSING IS EXTRA AND DUE ON SIGNING.

MONTHLY LEASE PAYMENT
\$288
WITH \$0 DOWN PAYMENT*

COME IN AND
VISIT US TODAY

STARTING AT
\$26,168*



MINI EDMONTON
7450 ROPER ROAD 780.490.5269
edmonton.MINI.ca

Vehicle not exactly as shown. *Total price of a 2012 MINI Cooper Knightsbridge with manual transmission is \$26,167.76, which includes base MSRP (\$23,600), freight & PDI (\$1,895), air tax (\$100), tire levy (\$20), Retailer administration charge up to \$500, and PPSA (\$52.76). Licence, insurance, and registration fee are extra and due on signing. Retailers are free to set individual prices and charge administration fees, which may change the APR or the price of the vehicle. Offer expires January 31, 2012. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. See your local MINI Retailer or MINI.ca for full details. © 2011 MINI Canada. "MINI", the MINI logo, MINI model designations and all other MINI related marks, images and symbols are the exclusive properties and/or trademarks of BMW AG, used under licence.

SHELLEY WILLIAMSON/METRO



► William Taylor and his daughter Bronwen, 11, are all smiles after learning she will continue to attend J.H. Picard French immersion after a school board vote on Monday.

French school parents relieved

► Edmonton Catholic Schools will keep French immersion at J.H. Picard ► Motion passed to build new school



SHELLEY WILLIAMSON
@METRONEWS.CA

Parents with students in the French immersion program at J.H. Picard school finally know its fate — and they're giving the move top marks.

At a meeting Monday, Edmonton Catholic Schools trustees shared results of months of consultation, voting to keep the school open rather than relocate students elsewhere.

Charlene Feuchter's son is in Grade 4, having attended J.H. Picard since kinder-

650
J.H. Picard school, at 7055 99 St., has about 650 students.

garten.

"I just think this is our second chance. I think if there was a silver lining in this process, we have a galvanized group of parents now," said Feuchter after the vote to renovate and maintain all French immersion grades at the aging school.

William Taylor's daughter,

Bronwen, 11, is in Grade 6 at the school, and she's thrilled she will continue her education there.

"I don't think we would have continued with her education with the Catholic school board if they had chosen to relocate Picard down in the southeast of the city," he said.

Board chair Debbie Engel said parents' wishes were clear to trustees prior to the vote.

"Through the consultation process we heard loud and clear that parents wanted to keep J.H. Picard open," said Engel.

Unused arena food averted from landfill, gets donated

HEATHER MCINTYRE/METRO



► Food is loaded into an Edmonton Food Bank truck at Rexall Place on Monday.

Concert-goers and hockey fans consume a lot of food at Rexall Place, but not all that is prepared is eaten.

A partnership between the Edmonton Oilers Community Foundation and Northlands is seeing unused food donated to the Edmonton Food Bank.

During the 2010-11 hockey season, more than 4,800 kilograms of food were collected and donated, which translates into more than 7,000 meals.

"This is food that has been prepared for Oilers games, Oil Kings games and events that are run here at Northlands," Natalie Minckler, executive director of the EOCF, said Monday.

"This is food that would be normally thrown away, and has been for many years."

Marjorie Bencz, executive director of the food bank, said the ongoing program helps more than

Rock and Wrap

- Rock and Wrap It Up is part of a National Hockey League campaign to help fight hunger across Canada and the U.S.
- Edmonton's total for the 2010-11 hockey season ranked sixth in the league and second amongst Canadian teams.
- The program diverted 105,000 kilograms of food from landfills last season, providing more than 160,000 meals.
- The program also helped the NHL Green Program earn a 2011 Sports for the Environment Award from Beyond Sports.
- The process is sanctioned by Alberta Health Services.

190 community agencies serving more than 300,000 snacks and meals each month

● HEATHER MCINTYRE

EPS charges 6 in group assault

Six men have been charged with aggravated assault after police said weapons were produced when two groups had an altercation around 2:40 a.m. at 182 Street and 95 Avenue early Sunday, sending four people to hospital. ● METRO

U of A wants its dodgeball title back

The U of A hopes to reclaim its lost record for the world's largest dodgeball game Friday at the Butterdome. Registration is at 10 a.m. The record is currently held by the University of California, Irvine, at 4,000 players. ● METRO

Arrest made in stabbing death

RCMP are investigating after 22-year-old Kenzie Beaton of Cape Breton, N.S., was found fatally stabbed early Saturday in a Jasper hotel. Cody Kyle Jensen, 21, of Edmonton is in custody facing second-degree murder charges. ● METRO

University of Alberta's
INTERNATIONAL WEEK 2012
Living Democracy:
Citizen Power in a
Global Age
Jan 30 - Feb 3

Over 60 free events!
Everyone welcome. Pick up your
program guides at the International
Centre and around campus.

www.globaled.ualberta.ca

UNIVERSITY OF ALBERTA
INTERNATIONAL
Global Education Program

You're in
Northgate Country
SEVERAL 2008 AND UP
GMC DENALI TRUCKS
STARTING AT
\$29,887
Optimum
USED VEHICLES
Loaded Leather
AWD Crew Cabs

View 100 Vehicles Plus at
www.northgategm.com

Northgate Chevrolet 13215 - 97 St. Edmonton
Call Direct 1.877.873.5552 Email hals@northgategm.com

Do your resolutions include finding a new career?
Explore what you want to be and how to get there.

Visit
CareerBear.com
to learn more



Kitchen upgrade.
Tuition.
Life after work.
A break from winter.

**LIFE
ADDS
UP.**

Your finances
should too.

Because in life there's no shortage of things to save for.

**EARN
1.50%**
on New Balances*
LIMITED TIME

CIBC TFSA TAX ADVANTAGE SAVINGS ACCOUNT®

Earn guaranteed interest tax-free and have access to your money at any time.

CIBC RRSP DAILY INTEREST SAVINGS ACCOUNT

Make RRSP contributions knowing your principal and interest are guaranteed.

CIBC eADVANTAGE™ SAVINGS ACCOUNT

Maximize your savings in a non-registered account and enjoy the convenience of managing your savings online.

Conditions apply. Ask for details.

Speak to a CIBC advisor today. Visit any branch,
go to cibc.com/savemore or call 1 800 465-CIBC (2422).



**FOR
WHAT
MATTERS.**

*This is a combined bonus and regular annual rate paid on New Balances for the CIBC TFSA Tax Advantage Savings Account ("TFSA") and CIBC RRSP Daily Interest Savings Account ("RRSP"), and on the CIBC eAdvantage Savings Account ("eSA") when the account balance on the eSA is \$5,000 or more. The bonus and/or regular rates may change at any time without prior notice. Ask a CIBC advisor for current rates. How it works: The regular rate is paid on the full daily closing balance (when the eSA balance is \$5,000 or more). In addition, on days when the closing balance exceeds the closing balance on Oct. 31/11 (TFSA and RRSP) or Jan. 31/11 (eSA) (the difference between the two balances is a "New Balance"), the New Balance earns a bonus rate for that day. Bonus rate offer expires Mar. 30/12 for TFSA and RRSP; Feb. 29/12 for eSA. Interest is paid monthly. Other conditions apply, so ask in branch or see cibc.com for full terms and conditions. ®Registered trademark of CIBC. "Life Adds Up. Your finances should too." and Design are TMs of CIBC. "CIBC For what matters." is a TM of CIBC.

Girl-style bullying vs. boy-style bullying



► Mean Girls' Regina George (Rachel McAdams), left, is a master of manipulation when it comes to social bullying, while The Karate Kid's Dre Parker (Jaden Smith), is physically bullied by his tormentors, who possess strong kung fu skills.

► The bullying may not always look the same, but both boys and girls bully — from name-calling to pushing, shoving and rumour mongering

STEPHANIE ORFORD
EDMONTON@METRONEWS.CA
FOR METRO CANADA

Everyone knows that girls pass mean notes and use the silent treatment when they bully, while for boys, it's as simple as a punch in the face, right? Not quite. The facts about girl and boy bullying might surprise you.

According to statistics from PREVNet, a national network against bullying, there are more similarities than differences between boys and girls when they bully.

Boys tend to bully more frequently and more physically than girls, but when it comes to social bullying, boys and girls bully at about the same levels. However, that social bullying may look different between the genders.

While boys who bully are sometimes not part of the in-crowd, girls who bully are often powerful in their peer groups, said Wendy Craig, a psychology professor at

Differences

- 18% of boys and 12% of girls in Canada report having been a bully 2 or more times in previous months.
- Boys are more likely to bully than girls, across all age groups, in 40 countries studied.
- Boys tend to use physical aggression and sexual harassment more than girls.
- Girls may be more likely to experience victimization.

Statistics from PREVNet



Dating bullying

- Girls and boys show similar levels of physical or social aggression in the context of adolescent dating.
- Girls tend to report using slightly more physical aggression than boys did.
- Indirect aggression toward a romantic partner, like ignoring and excluding, is reported more frequently than physical aggression, but seems to occur more often in later adolescence.

Pepler et al. (2006)



Queen's University and scientific co-director of PREVNet.

"That type of bullying is about hurting relationships, which are really central to girls' identity," Craig explained. Peer-group bullying can also make girls who are bullied less likely to report and retaliate because they want to regain acceptance.

"Boys are not as likely to have that popularity component," said Craig. "They

are more likely to do the direct face-to-face kinds of things, whereas girls are more likely to be more anonymous or indirect."

Male social bullying might look a little different, agreed Gurvinder Singh, an adviser for the Canadian Red Cross on international violence prevention.

"It might be on the sports field playing football ... but a lot of the same dynamics are occurring,"

Singh said.

Craig said that we often make the mistake of overlooking social bullying because it's harder to detect and address than physical bullying.

With social bullying, "it's difficult to get witnesses to corroborate that story," said Rob Frenette, executive director and co-founder of Bullying Canada. Witnesses often fear retaliation, he said.

Whether bullying is social or physical and perpetrated by boys or girls, bystanders play a critical role. Singh said children who bully can be just as influenced by their peers as those who are being bullied, so bystanders should make it known that they won't tolerate the bullying.

Singh said when peers intervene, bullying often stops immediately.



What's more hurtful — social alienation or physical bullying? Tweet us @metroedmonton

TV bullies

Television shows us that behind the front, bullies are mostly insecure poseurs, desperately in search of love and their peers' approval.



Lucy Van Pelt
The Doctor is in since 1952

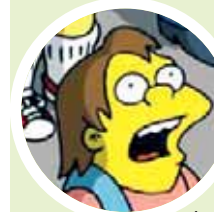
The Peanuts' resident psychiatrist is the meanest holder in football history. She sells fake field goals so well that even the kicker, invariably Charlie Brown, thinks the play is to get the ball through the uprights. Lucy's disdain for beagle slobber is outweighed only by her loathing for the Great Pumpkin. Weakness: Lucy's tough façade melts faster than an ice cube in a volcano when she's around strapping piano man Schroeder.

Sue Sylvester
Rocking tracksuits since 2009

Whether she's conspiring to take down the glee club by having one of her henchmen exchange their plane tickets to New York for a flight to Libya, or simply mocking the latest addition to Will Schuester's vast vest collection, Sue's acerbic wit and deadpan delivery are the bane of McKinley High. Weakness: Sue is prone to bouts of kindness triggered by memories of her late sister Jean, who was born with Down syndrome.



Nelson Muntz
Haw-hawing since 1990



Springfield Elementary's crown prince of doling out wedgies and playground poundings, Muntz and his goons often make Millhouse, Martin and even Bart cower in his presence. Muntz doesn't constrict his acts of intimidation to the student body, often turning his wrath toward adults and authority figures like Principal Skinner. Weakness: Nelson's crush on Lisa and his desire for acceptance can overpower his bullying compulsion.

Simon Cowell
Crushing aspiring singers' dreams since 2001

From the U.K.'s Pop Idol to American Idol to The X-Factor, the smug talent spotter is at his best in the early rounds of singing competition shows, when he gets to eviscerate hapless tone-deaf contestants. Giving the other judges grief for their misguided appraisals is a Cowell trademark, and he's got picking on Paula Abdul down to a science. Weakness: While Cowell's incisive critiques are often spot on, the man in the black V-neck can often fall under the spell of a beautiful woman for whom his ears will temporarily become more forgiving.



MIKE DOJC
FOR METRO CANADA

Wednesday in Metro: Cyber bullying

In the final instalment of our three-part series:

- Has Facebook allowed bullying to continue beyond the school bell?
- The stay-forever online world means not just victims could be haunted by past torments.
- Tips on making amends.
- We hear from you: Readers share their views on bullying.

TRAGEDY

RCMP
probe
deaths

Five people, including two school-age children, were found dead at a home in a Whitehorse suburb Sunday, but the RCMP said they do not

suspect foul play.

The bodies of the children, their parents and a male boarder were discovered by a family friend who had gone to check on the house in Porter Creek.

Sgt. Dan Rogers said the deaths are not suspicious, but he would not say whether air quality, such as carbon monoxide poisoning, was to blame.

THE CANADIAN PRESS

Climate change
drying up forests

Research shows northern forests in the three Prairie provinces are drying up from drought caused by climate change, while the eastern boreal forest is holding its own. A paper published Monday suggests the forests of Alberta, Saskatchewan and Manitoba are emitting more greenhouse gases than they absorb. THE CANADIAN PRESS

Global warming

► The findings are bad news for those counting on forests to suck more carbon out of the atmosphere than they emit as trees die. Data suggests eastern forests emit about as much carbon dioxide as they absorb, but that's no longer the case in the West.

Harper takes off his
blue sweater vest

► Conservatives take tough stance as MPs head back to House of Commons

SEAN KILPATRICK/THE CANADIAN PRESS

A winter parliamentary session that many have predicted will be a donnybrook began Monday with the gloves still on, and the only jersey askew being a powder-blue sweater vest.

"Very, very clearly, this government has taken off the sweater vests," said Peter Julian, the NDP finance critic. "They've taken off any pretence of moderation and a responsible approach to public policy."

The Conservative government, which spent last fall clearing a number of long-standing legislative promises, wades into 2012 giving clear signals of a more far-reaching agenda.

With deep spending cuts, pension reform, a new copyright act,



► People make their way toward the Centre Block of Parliament Hill as business resumes following the winter break in Ottawa on Monday.

changes to environmental assessment reviews, an end to the long-gun registry and tough criminal justice reforms all on deck, the opposition will have plenty to chirp about.

All signals point to Finance Minister Jim Flaherty rolling out the kind of tough budget that Liberal Paul Martin unveiled in 1995 in Jean Chrétien's first majority government.

The Conservatives may be betting that short memories and an improving economy will be enough to win over voters angered by this year's tough medicine.

THE CANADIAN PRESS

Adam Beach stars in the new hit series critics call:

"Seat-of-the-pants romantic adventure."

— Postmedia News

ARCTIC AIR

ALL-NEW TONIGHT AT 9

WATCH & WIN
A TRIP TO
NORTHWEST TERRITORIES

WATCH TONIGHT FOR THE FINAL CODE WORD AND ENTER FOR YOUR CHANCE TO WIN!
VISIT cbc.ca/arcticair FOR DETAILS.

Flights are courtesy of
AIR CANADA



CBC

Contest closes February 3, 2012 at 11:59pm EST. Open to Canadian residents over the age of majority. Two prizes available to be won valued at approximately \$7,350 and \$9,995 respectively. Mathematical skill testing question required. No purchase necessary. Mathematical skill testing question required. Visit cbc.ca/contests for contest rules. CBC and CBC logo are official marks of the Canadian Broadcasting Corporation. All rights reserved.

Northwest Territories
CANADA

Afghan woman killed for bearing a girl: Police

► Cops say husband strangled his wife ► Women's rights in Afghanistan a concern as NATO withdraws

An Afghan woman has been strangled to death, apparently by her husband, who was upset that she gave birth to a second daughter rather than a son, police said Monday.

It was the latest in a series of grisly examples of subjugation of women that have made Afghan headlines in the past few months — including a 15-year-old tortured and forced into prostitution by in-laws and a female rape victim who was imprisoned for adultery.

In the 10 years since the ouster of the Taliban, great strides have been made for women in Afghanistan, with many attending school, working in offices and even marching in protests. But abuse and re-

Bias

- Boy babies are traditionally prized much more highly than girls in Afghanistan
- A son means a breadwinner and a daughter is seen as a drain on the family until she is married off.
- Even so, a murder over the sex of a baby would be rare and shocking if proved true.

pression are still common.

The man in the latest case, Sher Mohammad, fled the Khanabad district in Kunduz province last week, about the time a neighbour found his 22-year-old wife dead in their house, said district police Chief Sufi Habibullah. Medical examiners said she had been

strangled, Habibullah said.

The woman, named Estorai, had warned family members that her husband had repeatedly reproached her and threatened to kill her for giving birth to a daughter, said provincial women's affairs chief Nadira Ghya. Estorai gave birth to her second daughter between two and three months ago, Ghya said.

Police took the man's mother into custody because she appears to have collaborated in a plot to kill her daughter-in-law, Habibullah said. Ghya, who visited the mother in prison, said that she swears that Estorai committed suicide by hanging. Police said they found no evidence of hanging from the woman's wounds. **THE ASSOCIATED PRESS**

Fight. Back



► A riot police officer fires tear gas toward Bahraini anti-government protesters, unseen, during clashes in Sitra, Bahrain, on Monday.

HASAN JAMALI/THE ASSOCIATED PRESS

Youth death sparks riot police clash

Conflict erupted after a mourning procession marking three days since the death of a youth in police custody.

UBC stands by animal testing

The University of British Columbia defended its use of animal testing Monday, claiming a majority of more

than 200,000 animals were used in basic science projects that cause less than minor or short-term stress. The information is part of a public report to the Canadian Council on Animal Care

to make UBC more "open and accountable." The university reinforced that animal research is strictly controlled and all projects go through strict ethics reviews. **KENDRA WONG**

NO CREDIT NO PROBLEM

CALL NOW! 780.264.0786 OR 780.264.4447

 <p>FROM \$204 BW OAC 2010 Tacoma Stock #11621764</p>	 <p>FROM \$211 BW OAC 2006 Titan Stock #10023318</p>
 <p>FROM \$124 BW OAC 2010 Lancer Stock #1162319A</p>	 <p>FROM \$172 BW OAC 2011 Sienna Stock #R114122</p>

GET APPROVED ONLINE NOW AT:
MAYFIELDAUTOCREDIT.COM

YOU WORK, YOU DRIVE



Karim Karim



Altaf (Ali) Karim



MAYFIELD
TOYOTA

10220-170 ST.
CALL TODAY!

**YOUR EDMONTON
CREDIT REBUILDERS**

Vehicles may not be exactly as shown.

Derks

Southside Only

INDULGE CLEARANCE SALE

Save Up to 80% off

*some restrictions apply

8111-102 Street 780.433.6614

Tech firms battle phishing

► Many of the biggest companies already using new DMARC system

Google, Facebook and other big tech companies are jointly designing a system for combating email scams known as phishing.

Such scams try to trick people into giving away passwords and other personal information by sending emails that look as if they come from a legitimate bank, retailer or other business.

To combat that, 15 major technology and financial companies have formed an organization to design a system for authenticating emails from legitimate senders and weeding out fakes. The new system is called DMARC — short for Domain-based Message Authentication, Reporting and Conformance.

DMARC builds upon existing techniques used to

15%

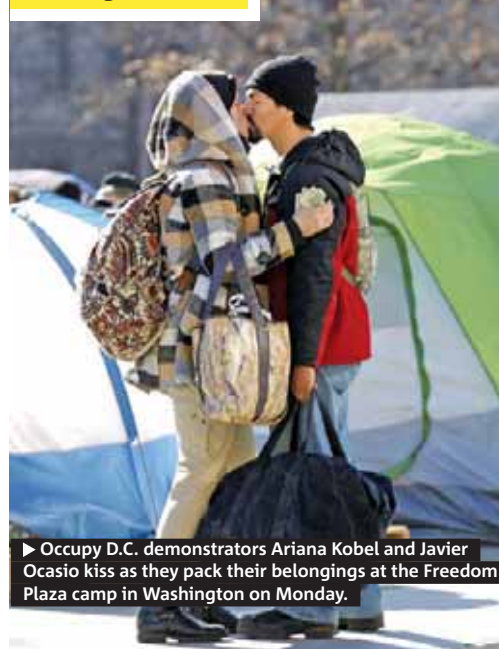
According to Google, about 15 per cent of non-spam messages in Gmail come from domains that are protected by DMARC.

combat spam. Those techniques are designed to verify that an email actually came from the sender in question. The problem is there are multiple approaches for doing that and no standard way of dealing with emails believed to be fake.

The new system asks email senders to share information about the email messages they send and receive.

THE ASSOCIATED PRESS

Washington. Protest



► Occupy D.C. demonstrators Ariana Kobel and Javier Ocasio kiss as they pack their belongings at the Freedom Plaza camp in Washington on Monday.

JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Occupy D.C. faces farewell

U.S. Park Police plan to begin enforcing a no-camping rule at two Washington sites where Occupy protesters have been demonstrating for months over economic inequality and other issues.

Canada will avoid housing crash: BMO

Canada will likely avoid a crash or serious correction in its "somewhat pricey" housing market, with the possible exception of Vancouver, says a new paper from the Bank of Montreal.





The analysis by BMO economists suggests alarms about Canada's housing market by international observers, from the International Monetary Fund to The Economist magazine, are exaggerated or simplistic. "The main takeaway is

that the national housing market appears somewhat pricey, but is far removed from a bubble," said economists Sherry Cooper and Sal Guatieri in the report released Monday.

Even Toronto's hot condo market — one of the subjects of many of the warnings — is more likely to cool rather than collapse, BMO said, noting that a sharp decline in construction for rental units is stimulating demand for condos.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
- 30.0 (12,436.4)	- 0.21¢ (99.72¢ US)	- 78¢ US (98.78¢ US)	\$2.71 US (- 4¢ US) Gold contracts \$1,731 US (- \$1.20 US)

PRICES AS OF 3:30 PM MONDAY

Monti asks Italian lawmakers to accept salary cut

Prime Minister Mario Monti is asking Italian lawmakers to take a salary cut as part of a broader effort to trim the privileges of the country's political elite.

The government said in a statement Monday that

Monti sent a decree to the Chamber of Deputies and the Senate that would cap salaries for members of both houses of the Italian parliament — who are among the best-paid in Europe.

The move is part of an austerity package, nicknamed "Save Italy," passed in December in a bid to trim the costs of bureaucracy.

The deputy speaker of the lower house, Rocco Buttiglione, said the request would be approved.

The cuts are a hallmark of Monti's government, which has pledged to get rid of privileges that have angered many Italians. Monti himself has renounced his own salary as premier and economy minister.

THE ASSOCIATED PRESS

Target Canada seeking independent pharmacists

Target Canada will look for independent pharmacists to own and operate pharmacies in its stores under a franchise model when it opens its doors next year, the U.S. discount retailer said.

"We have worked hard to understand the Canadian health-care landscape and believe our unique pharmacy franchise model will greatly appeal to pharmacists while best serving the needs of patients in Canada," president Tony Fisher said in statement Monday.

He said the model provides pharmacists with an opportunity to grow a business "with no entry fees and the support of a national retailer."

The Minnesota-based retailer will increase competition with Canadian pharmacy chains such as Jean Coutu and Shoppers Drug Mart, which are also trying to lure independent pharmacists.

Target, which is trying to make its first move outside the U.S., said its franchise model was designed for the Canadian market and differs from its approach in

the United States, where it has a long history of operating pharmacies.

Jean Coutu and Shoppers couldn't be immediately reached for comment, but Jean Coutu CEO Francois Coutu has said the chain sees growing opportunities to attract independent pharmacists because of pressure from government fee changes.

The franchise model will allow Target to open as many stores in Canada as possible.

Target said Monday the current Zellers customer prescription files will remain in the possession of Zellers.

Shoppers, Canada's largest drugstore chain, said in November that it would look into acquiring the files if they are put on the market. Jean Coutu and Rexall owner Katz Group could also bid for the Zellers pharmacy customer portfolio.

Earlier this month, Target announced the location of the first 24 of the 125 to 135 stores it plans to open in Canada beginning next year. THE CANADIAN PRESS

Adventure!
Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941
Job Guaranteed!

Next in-class course: Feb 1st - 5th, 2012
Next Seminar: Feb 15th, 2012 @ 7pm
Travelodge Edm South, 10320 - 45 Ave
www.globaltesol.com

GLOBAL TESOL COLLEGE
Teach English Worldwide

Service Directory
To advertise call 780-702-0592

FINANCIAL

DEBT STRESS???
780.424.9944

A. C. Waring & Associates Inc
Debt Advisors, Bankruptcy
Trustee, Chartered Accountant

www.DEBTFREE.ca

NEED MONEY?
✓ No credit checks
✓ Fast approvals

call **1.866.499-5629**
And get cash now!!
www.mynextpay.com

HEALTHCARE • BUSINESS • TECHNOLOGY

YOUR CAREER IN HEALTHCARE

- Unit Clerk
- Medical Office Assistant
- Dental Admin Assistant
- Health Care Aide
- and more!

Ask us about our
NEW EHR Billing and Coding Course

ENROLL TODAY

CELEBRATING 25 YEARS 1987-2012

Financial Assistance available to qualified applicants.

Academy OF LEARNING CAREER COLLEGE

Edmonton Downtown (780) 424-1144
Edmonton South (780) 433-7284
West Edmonton Mall (780) 496-9428

www.academyoflearning.ab.ca

EDMONTON

South Edmonton

Common

(780) 485-9812

Mayfield Common

(780) 489-2255

934 – 91 St. SW, Unit 18

(780) 485-8044

6031 Gateway Blvd.

(780) 438-2355

10013 170th St.

(780) 408-8917

12302 Stony Plain Rd.

(780) 488-6622

9715 – 137 Ave.

(780) 456-5339

West Edmonton Mall

(780) 484-4758

(780) 443-3040

(780) 413-9855

(780) 483-8838

Southgate Centre

(780) 434-5620

Millwoods Mainstreet

Mall

(780) 440-2812

222 Baseline Rd.

(780) 417-2355

6104 50 St., Leduc

(780) 986-0986

10176 109 St.

(780) 426-2355

City Centre

(780) 421-4540

Sunrise Towne Square,

Spruce Grove

(780) 962-3980

St. Albert, North Hill

(780) 459-0660

EDMONTON

Millwoods Town Centre

(780) 436-7766

Kingsway Garden

(780) 471-3807

Londonderry Mall

(780) 476-3266

Northgate Mall

(780) 475-2724

Bonnie Doon

(780) 463-0864

SHERWOOD PARK

Sherwood Park Mall

(780) 416-1775

ST. ALBERT

St. Albert Centre

(780) 418-1681

NO EXTRA MONTHLY FEES. NO TAB. no term contract. NO KIDDING.

THE ROGERS **UNLIMITED** VALUE PLAN **ONLY \$34⁹⁷/MO**
INCLUDES ALL MONTHLY FEES*

Unlimited
Extreme Texting¹

Unlimited
Pic & Video
Messaging¹

Unlimited
BBM™

Unlimited Local
Evening & Weekend
Calling from 6 pm²

200 Weekday
Minutes⁴

Unlimited
Canada-wide
MY10 Calling³

BONUS

SIGN UP NOW & GET THE **BLACKBERRY® CURVE™ 9300** FOR **\$99⁹⁹**
No term contract required

CALL 1 866 542-8081
CLICK rogers.com/ValuePlan
VISIT Your local Rogers retail store

SWITCH TO **ROGERS™**

Offers available for a limited time and subject to change without notice. ¹Includes the Government Regulatory Recovery Fee which varies by province and ranges from \$2.35-\$2.97/line/month (\$2.35 AB/BC/MB/ON, \$2.75 QC, \$2.88 NB, \$2.97 NL, \$2.78 NS, \$2.85 PEI, \$2.97 SK). It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. It is not a tax or charge the government requires Rogers to collect and is subject to change. See rogers.com/regulatoryfee for details. Early cancellation fees or device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. ²Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless number and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions), sent international texts and sent/received Extreme Text picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. To learn more about Extreme text, go to rogers.com/extremetext. ³Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. Evenings are from 6 pm to 7 am, Monday to Friday, and weekends are from 6 pm Friday to 7 am Monday. ⁴Unlimited Canada-wide calls apply to 10 numbers on MY10 list. International long distance, text-to-landline and roaming charges extra. Only 10-digit Canadian-based numbers eligible (excludes customers' own wireless number, voicemail retrieval number and special numbers like 1-800/1-900). One MY10 update/month. Excludes premium messages (roaming, international, alerts, contests and promotions). Other conditions may apply, visit rogers.com/my10 for details. ⁵Additional local minutes 45¢/min. ©2012

TAKING A PAGE OUT OF TEEN FANTASIES

SHE SAYS ...

JESSICA NAPIER
METRO



I got a pimple last week. An embarrassing middle-of-the-face kind of situation. The type of blemish that would be the subject of an entire subplot on a sitcom in the early 1990s. I haven't had a proper pubescent breakout in a few years but my recent dermatological issues seem appropriate given the fact that I've been spending a lot of my leisure time thinking about teenagers (no, not like that).

Unless you were one of those genetically blessed wunderkinds that peaked in high school, your teenage years were probably the most awkward period of your life. And yet, despite all the terrible realities of adolescence — the acne, the unrequited crushes, the cliquy Mean Girls — we seem completely obsessed with capturing every single moment of this unfortunate phase and putting it on television.

I hate to admit it, but I know I'm not the only 20-something who finds shows like *My Super Sweet Sixteen* and *Teen Mom* to be equal parts horrific train wreck and totally engrossing must-see TV.

And this isn't just an MTV phenomenon. When done well, compelling teen-centric shows like *De-grassi* (in all its incarnations) can transcend their target demographic and captivate a much wider, older audience. Coming-of-age kids and their misguided life choices are television gold, but they're even better off-screen.

From *Harry Potter* to *Twilight* to *Gossip Girl*, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section. The *Hunger Games*, that dystopian world-meets-teen-angst trilogy that everyone keeps talking about, has spent over 100 consecutive weeks and counting on the New York Times bestseller list and it's not just babysitting money keeping it there.

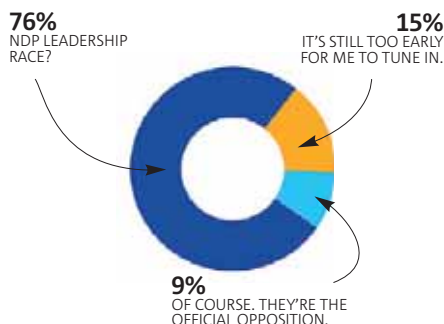
I know plenty of smart and successful people in their 20s and 30s who spend hours dissecting novels geared toward the 13- to 17-year-old set — devouring these addictive page-turners at rapid speed (not a difficult task when you're reading size-16 font) and using hushed voices to postulate over the predictable love triangles.

We all deserve a break from adulthood every once in a while. Indulging in teenage pursuits, whether in sexy sci-fi fantasy lands or all-too-real reality shows, provides a nice distraction from our real-life responsibilities. However, when I find myself swooning out loud over a barely legal actor playing a teenage werewolf, I know that maybe it's time to grow up.



Register at
metropolitanpanel.ca
and take the quick poll

Have you been following the NDP leadership race?



Local tweets



- @Thatgirl Laine: Man i love how you just have to have your car break down to gather a crowd #yeg
- @jheartt: What is with those "girl with the red scarf" it's been a week since I have seen u" billboards around #yeg ... It was cute but now its creepy
- @KeelenSimpson: Cranky #ETS drivers always ruin my day :(#yeg
- @YEGKels: I am loving this California sun. Sad to return to #yeg kindawinter tomorrow.
- @missedtheboat1: Why does the university train station always smell of feet? #yeg
- @Sullified: Day off from work, I think I just bought a GMC Sierra!!! #excited #yeg
- @britt: Just did an interview on sexism and gaming. The reporter asked me why I call myself a geek. Oh my, if she only knew. #yeggeek
- @_shelbysilver: #yeg worst drivers . Please find that lovely gas pedal

Daily Zoom



Valet parking, German style

Robotic car silo parks your ride

WOLFSBURG, GERMANY.

Don't bother getting your car out of the parking complex — this robotic building does it for you!

Car buyers can pick up their new ride from this futuristic garage. The two 20-storey CarTowers have been called the "landmark" of Autostadt, a theme park inside Volkswagen's main car factory complex. ● MWN

1.5
metres per second — the speed the cars travel when lifted up into the towers. Every day some 600 cars are picked up from the two CarTowers by their new owners, making it the world's largest vehicle delivery centre.

Weird carparks

- Umihotaru, Tokyo: This rest/parking area is an artificial island that joins a bridge and tunnel.
- Michigan Theater, Detroit: Once a concert hall: Chandeliers gone, but ornate plaster ceiling remains.
- Parkeringsbåt, Gothenburg, Sweden: Floating parking boat dips below waterline when full.

Stacking cars for customers

HOW IT WORKS. New cars arrive from the production facility on robotic skids that transport them through a 700-metre underground system of tunnels.

After they reach the storage silos, they are hoisted up to a shelf where they are kept until picked up by the customer, usually within 24 hours.

● MWN

2
sceneScience fiction
or fact?The Great
Digital Film
Festival

For more information on the Great Digital Film Festival, visit cineplex.com/Events. Catch InnerSPACE every Monday through Friday at 6 p.m. ET on SPACE.

► Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival starting Friday and running through Feb. 9. We asked InnerSPACE host Ajay Fry to take a look at the technology in sci-fi films to see how close they are to being reality



Scene in brief



ABBA fans will soon be saying "Thank you for the music" again with the release of a new track on a special edition of the '70s pop group's The Visitors album. The album, including a new track From a Twinkling Star to a Passing Angel, is the first official new release by the Swedish group in 18 years.

THE ASSOCIATED PRESS



Journey to Oscars begins at the theatre for Canadian makers of Monsieur Lazhar.



The Terminator (1984)

In 1984, James Cameron's The Terminator terrified audiences with the introduction of an unstoppable Cyborg killing machine from the future. Now, almost 30 years later, we don't have any cyborg killing machines (yet!), but humanoid robots are walking upright, learning and talking. One robot recently joked about plans to open a "zoo for humans" (I hope it was a joke!).



Back to the Future (1985)

In late 2010, the Internet was abuzz over a photo of a 'time traveller.' It was actually a frame grab from a 1928 film purportedly featuring someone using what appeared to be a cellphone. If you could travel to the past, why not visit 1985 so you could make a cameo in Back to the Future, the film that introduced us to the joys and pitfalls of Time Travel?! 1.21 Gigawatts!



RoboCop (1987)

Set in the near future, 1987's RoboCop features a cyborg protagonist who takes on Detroit's festering criminal underbelly. While we've still got some time to wait for robotically-enhanced beat cops, in recent years police have started using robotic surrogates in dangerous situations. Last summer, a suspect's trailer home was burned to the ground by a gas-grenade packing police robot in Tennessee.



Jurassic Park (1993)

Jurassic Park asked audiences a hypothetical, ethical question: If we can clone dinosaurs, should we? Now almost 20 years later we're soon going to need an answer. In 2009, scientists successfully cloned an extinct species of mountain goats. And last year, dinosaur feathers preserved in amber were discovered in Alberta. Morality aside, I'll be first in line to see real-life dinosaurs.



Shaun of the Dead (2004)

Shaun of the Dead launched the Romantic Comedy Zombie or 'RomCom-Zom' sub-genre of film, and the zombie craze has only grown in years since. In 2009, students at the University of Ottawa created a mathematical equation to determine the survivability of a zombie uprising. I'd fight to survive the onslaught if it meant I could watch Shaun again on the big screen.



Serenity (2005)

Set 500 years in the future, this film follows the crew of the spaceship Serenity as they sneak between numerous planets to protect a mysterious young woman named River. Since 2005, the number of confirmed exoplanets has nearly quadrupled to over 700, and scientists now suspect that each of the estimated 300 billion stars in our galaxy may have at least 1.6 planets in orbit.

Derks

Southside Only

INDULGE
CLEARANCE SALESave
Up to

80% off

*some restrictions apply

8111-102 Street 780 433 6614

[illegible]

**STANDARD REAR VISION
CAMERA. BECAUSE SAFETY
ISN'T JUST AN OPTION.**

**ABS DISC BRAKES
STANDARD**



SLT-2 Model Shown

2012 TERRAIN

PURCHASE PRICE

\$29,795*

INCLUDES FREIGHT & PD

WITH

0%
PURCH
FOR

PURCHASE FINANCING
FOR 60 MONTHS^{††}

6.1L/100KM HWY
9.2L/100KM CITY▼

PLUS  GM CARDHOLDERS GET AN ADDITIONAL **\$1,000 BONUS***



- 7-Inch Touch Screen Display
- Bluetooth® and USB Port
- OnStar® with 6 Month Trial*
- 182 hp 2.4 I4 Engine
- IIHS 2012 Top Safety Pick▲
- Best-in-Class Highway Fuel Efficiency†
- Best-in-Class Rear Legroom (1013mm)‡

VISIT YOUR GMC DEALER TODAY

WE ARE PROFESSIONAL GRADE

GMC



THE BEST COVERAGE IN CANADA
5 YEARS • POWERTRAIN LIMITED WARRANTY
160,000 KM • ROADSIDE ASSISTANCE
 • COURTESY TRANSPORTATION

ALBERTAGMC.COM

SCAN HERE
TO FIND
YOURS

From dating George Clooney to Steve-O?

► Rumours swirling that Elisabetta Canalis and former Jackass star are an item

ALL PHOTOS GETTY IMAGES



► Elisabetta Canalis

We heard the Elisabetta Canalis/Steve-O rumours a couple weeks ago, but we were willing to ignore them. After all, what would George Clooney's recent ex be doing with one of the Jackass guys?

As it turns out, dating him.

In a video from TMZ, the Dancing with the Stars contestants are caught leaving a salon together in L.A. before escaping to Steve-O's car.

Not only is she dating Steve-O, she is demurely declining to comment in paparazzi central — the B-team Hollywood equiva-

lent of moving to a good school district and buying a minivan.

Thing is though, Steve-O doesn't look too bad these days.

He's no longer putting fishing hooks through his cheek and jumping into shark-infested waters — this happened, and we all share some blame — and has been sober for a couple years. He's a vegan, and judging from his anti-fur ad for PETA, has a pretty cute vegan butt.

Wait — what is Steve-O doing with George Clooney's ex?

● MONICA WEYMOUTH



► Steve-O

Rumer parties hard with mom?

Further analysis of the 911 call made after Demi Moore went into convulsions when she "smoked something" suggests that her daughter Rumer Willis might have been among the revellers present, according to TMZ.

During the frantic call, the man on the phone can be heard saying, "Hey, Ru, what's the name at the gate so that we can buzz

them in from here?"

There's been no confirmation that Rumer was at the house at the time, but she has been hanging out with her mom a lot.

"Rumer's spent more time with her mom in the last few months than she has in a while," a source says.

In fact, at each instance of Moore's hard partying in the wake of her split from Ashton Kutcher — hitting up nightclubs in Hollywood and poolside resorts in the Caribbean — Rumer has reportedly been at her mom's side, partying right along with her. ● METRO

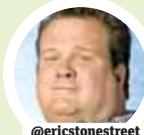


► Demi Moore

Celebrity tweets



I think what would surprise most people at award show parties is the sheer amount of farting I'm doing while talking to famous people.



@ericstonestreet

by the way i am not one of those performers who threaten to leave the country if the wrong pres gets elected i'm stayin cause i love it here



@SandraBernhard



@MelanieGriffith

@mrskutcher thinking of you and sending love and support. Can I do anything for you? Xoxo



@AlbertBrooks

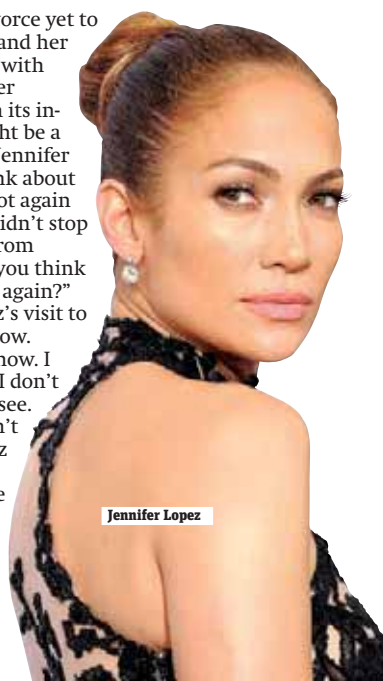
If only a machine could combine all four republican candidates together then one giant man could lose to Obama.

J.Lo on marriage: 'I don't know'

With her divorce yet to be finalized and her relationship with dancer Casper Smart still in its infancy, it might be a bit soon for Jennifer Lopez to think about tying the knot again — but that didn't stop Matt Lauer from asking, "Do you think you'll marry again?" during Lopez's visit to the Today show.

"I don't know. I don't know. I don't know. We'll see. I mean, I don't know," Lopez responded. "It's not time to think about that yet. It's still fresh."

● METRO



Jennifer Lopez

NEEDAUTOCREDITDMONTON.COM

A DIVISION OF WEST EDMONTON HYUNDAI



\$90/wk

2010 Dodge Challenger SXT Rally

Stk #E1615A. Nav, leather, sunroof, warranty.



\$63/wk

2010 Dodge Grand Caravan Stow N Go

Stk #E1614. Warranty, low kms.



\$51/wk

2011 Hyundai Accent

Stk #25088A. Auto, loaded, sunroof, warranty.



\$84/wk

2010 Hyundai Santa Fe AWD

Stk #E1555. Warranty.

Rick's January Finance Special!! No payments for up to 4 months!

100% APPROVED GUARANTEED

All Payments include Taxes. All Payments @ 6.79% and Longest Term Available. OAC.

Good credit, bad credit, no credit, first-time buyer program

CALL RICK

780.966.5514 or 1.866.254.4516



► A new study shows that taking a quick walk can help cut down the desires to hit the snacks.

Walk, don't snack

► Taking a short stroll may stop those impulses to reach for a treat

CELIA MILNE
LIFE@METRONews.ca

Bored at work?

Stressed?

Mindlessly reaching for chocolate?

Try going for a wee walk instead. A new study in the U.K. has found that taking a quick 15-minute walk cuts down on chocolate consumption by 50 per cent.

Researchers at the Uni-

versity of Exeter invited 78 chocolate fiends to come to a simulated work environment after abstaining from eating chocolate for two days.

They gave all subjects some work to do. Beforehand, half of the subjects had gone for a quick walk and the other half had rested. Chocolate goodies were available to everyone in the study while they worked. Those who had exercised before working

ate on average half as much chocolate as the others, about 15 grams, compared to 28 grams.

"Stress, fatigue and boredom typically cause people to automatically snack to regulate mood," Professor Hwajung Oh, one of the authors of the study, told Metro.

"Somehow, exercise impacts on mood-induced eating behaviour."

He surmised that exercise reduces stress and al-

leviates boredom. It may also serve as a distraction from thoughts of snacking.

Eating chocolate is unhealthy if it escalates — contributing to weight gain, obesity and diabetes.

"A 15-minute walk is a small dose of physical activity that can be easily achieved," Ho says. "Long term, the results may contribute to not only weight management, but also healthy eating behaviour."

Chocolate

Chocolate is OK in moderation.

► **Cocoa** Dark chocolate, and cocoa in particular, contain flavonoids, which may contribute to heart health. Chocolate also contains a compound called phenylethylamine (PEA), which enhances some brain functions. But, as we know, chocolate also contains a lot of fat and sugar. So enjoy, but only in small quantities.

3
life

Heels



The Journal of Applied Physiology with Griffith University in Australia reported that women who wear short heels for long hours everyday risk shortening their strides and their feet stayed in a pointed position.

● METRO



Research teams making progress collecting critical data on CCSVI: MS society

Derks Southside Only

INDULGE
CLEARANCE **SALE**

Save
Up to

80% off

*some restrictions apply

8111-102 Street 780 433 6614

Go get yourself organized

► Lack of time is a First World problem ► But it's a problem nonetheless ► Laura Vanderkam, author of *168 Hours: You Have More Time Than You Think*, tells you how to stick to what matters most and ignore the rest

1

Figuring out what your priorities are

Rushed and torn between professional and personal commitments, we generally have no idea how we spend our time.

"You don't consciously notice it but you're probably checking Facebook up to five times an hour," warns Vanderkam. "The best way to see if you're spending your time the way you wish is to keep a log of everything you do for a week."

From there, look at your priorities. This is the toughest part.

2

Live life week in, week out

Life is often lived one week at a time with next week being a blank slate that will eventually be filled with 'something'. What this something is depends on key decisions you make.

"Imagine next week is a blank space made up of 168 hours. With your priorities in mind, how would you choose to fill it? Figure out what time could be re-deployed from stuff that's not fitting with your priorities," suggests Vanderkam.

3

Take control over time



According to Vanderkam, the key to maximizing time is to control it.

"You don't have to do anything but eat and sleep in order to keep the body functioning."

If your excuse for not reading your kids a bed time story is that you have no time then you're in denial.

"It's not that you don't have the time to read it's just not your priority."

4

Never say, 'I don't have time'

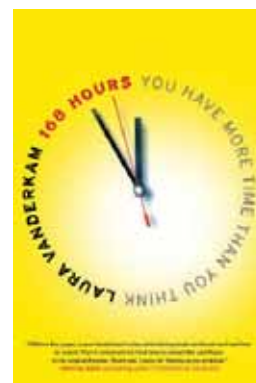
Lack of time for 'XYZ' is the all-purpose modern excuse. Speaking to time experts, Vanderkam noticed they never say 'I don't have time' but 'it's not a priority'.

"In order to not have to own up to the fact we're choosing not to do certain things we blame this nebulous other thing, 'time'. You're not getting certain things done because they're not high enough on your priority list, not because you lack the time," she says.

5

writing up the perfect to-do list:

"Look at things on a weekly basis and say, 'what are my priorities both professional and personal' then block these in. You only have one life, people think the two are separate but they're not," she said. "You don't need to solve everything at once. One week your priority could be a project at work and the week after it could be your sister's wedding. As long as those major priorities get done during the week, you are going to be moving forward."



The moment we acknowledge what things are not high up on our priority list will be the moment we become in charge of how we spend our time.



UNIVERSITY OF ALBERTA
FACULTY OF MEDICINE & DENTISTRY
Dental Hygiene Program



Reduced Fees for Dental Hygiene Care

All treatment is provided by students who are supervised by registered dental hygienists.
Please call (780) 492-4458 to make your appointment.

Dental Hygiene Care (Cleaning) | Fluoride Application | Sealants | Nutritional Analysis

"uplifting the whole people"

— HENRY MARSHALL TORY, FOUNDING PRESIDENT, 1908

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

The Truth About Vitamin C

When I was a kid, if I got a cold my mom gave me vitamin C tablets for a few days. After all, since 1970, when Nobel-Prize winning chemist Linus Pauling wrote his popular book *Vitamin C and the Common Cold*, many people believed that this antioxidant cured colds.

Of course, this hasn't stood up to science, based on a 2007 review of decades of research. But that review also found that daily vitamin C supplements may shorten the duration of cold symptoms. And when freelance writer Lindsay Borthwick dug deep into this subject for our story about Vitamin C in the most recent issue of *Best Health* (the January/February issue is on newsstands now) and spoke to leading experts, she found that in fact Vitamin C, or ascorbic acid, has many other benefits on top of that.



It's important for the immune system, aids in the absorption of iron and may help in the metabolism of cholesterol and the production of certain brain chemicals.

But wait — there's more: Science is showing it could help prevent stroke, lower the risk of breast cancer (and maybe even treat cancer), improve mood, treat bacterial vaginosis (which affects some 10 per cent of women and 30 per cent of

pregnant women) and even improve skin and signs of aging when applied topically.

For more details, check out the whole story (which includes the best food sources for Vitamin C, and how much C we should be getting daily), and speak to your doctor about how you might benefit.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONWS

Turkey with Avocado

THE CANADIAN PRESS H/O



Preparation:

- 1 In a bowl, place sliced cucumbers. In a small pot, combine vinegar, sugar, salt, bay leaf, allspice and chili flakes. Bring to a boil over high heat and pour over cucumber slices. Allow mixture to reach room temperature, about 10 minutes. Strain cucumbers, reserving juice.
- 2 Layer pickles, turkey and avocado and drizzle with reserved pickling juice. Serve with quinoa or brown rice.

THE CANADIAN PRESS/
AVOCADOS FROM MEXICO

Ingredients:

- 190 g (7 oz) smoked turkey
- 1/2 avocado, sliced
- 250 ml (1 cup) English cucumbers, thinly sliced
- 50 ml (1/4 cup) white wine vinegar
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) sea salt
- 1 bay leaf
- 2 allspice berries
- 5 ml (1 tsp) chili flakes

Quick Pickles

- 250 ml (1 cup) English cucumbers, thinly sliced

Thunder from Down Under

► Prepare your best Aussie accent & head over to Outback for delicious eats

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA



If you're tired of chasing the newest darling of Edmonton's culinary scene, Outback's got your back.

The cavernous chain restaurant has kept its Down Under gimmick, but don't hold that against it.

The food is fast, fresh and inexpensive while the service is friendly and puts



► Blackened shrimp tacos and side salad (\$8.95).

► Outback Steakhouse

2874 Calgary Tr.
780-432-2200
outback.com
Categories: Friends, family
Price range: Low to mid
Rating: 4 out of 5

up with customers ordering in the most atrocious Aussie accents imaginable.

I know, because I did my best Crocodile Dundee.

We started with the crunchy delight of a huge bloomin' onion (\$8.95),

along with its side of spicy horseradish mayonnaise. I then segued directly into some less spicy blackened shrimp tacos (\$8.95).

I was thrilled with my huge, cheesy-chili flavoured shrimp in their soft, warm tortillas. I pol-

ished off my enormous, thirst-quenching strawberry and Red Bull concoction (\$3.99) and decided myself well satisfied.

We left a healthy tip and rolled out the door, ready to wrestle a croc or outjump a joey.

Casual eats: easy steak sandwiches

► Enjoy alongside some homemade oven fries or salad

Preparation:

- 1 Rub steaks with olive oil; season with salt, pepper. Let stand 30 mins.
- 2 In heavy skillet, melt butter over medium-high heat. Add onions and thyme and cook 10 mins. or until onions are golden. Add red pepper, cook 1 min. Reduce heat to medium low, stirring occasionally, and cook 15 mins. or until peppers are very tender.
- 3 Heat ovenproof skillet over medium-high heat, add steaks and sear on both sides, about 2 mins. per side or until well



► This recipe serves six.

browned. Transfer to 180 C (350 F) oven and cook 5 mins. for medium-rare or until desired doneness. Let rest 10 mins. before thinly slicing. Alternatively, grill over medium-high heat, turning once,

until desired doneness.

- 4 Slice buns in half lengthwise. Divide steak over each bottom bun and top with onion mix. Sprinkle with crumbled cheese. Cover with bun tops. THE CANADIAN PRESS/HOMEGROWNONTARIO.CA/RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND CELEBRITY TV CHEF. FOR MORE, VISIT EMILYRICHARDS.COOKS.CA.

Ingredients:

- 2 strip loin steaks, trimmed (about 250 g/8 oz each)
- 10 ml (2 tsp) olive oil
- 2 ml (1/2 tsp) each salt and cracked black pepper

- 15 ml (1 tbsp) butter
- 2 large onions, sliced
- 10 ml (2 tsp) chopped fresh thyme
- 1 red bell pepper, sliced
- 6 crusty buns
- 75 g (3 oz) crumbled blue cheese or Brie

STRESSED ABOUT PAYING FOR SCHOOL?

GET FREE TIPS ON FINDING SCHOLARSHIPS



Register at:
SCHOLARSHIPSCANADA.com/Events

The Awesome story of simple pleasures

► Blog nets 100K readers a day by making people happy

ANNABELLE BLAIS
LIFE@METRONWS.CA
METRO WORLD NEWS IN MONTREAL

How awesome is it to flip to a radio station just as a song you love is starting, to find money you didn't even know you lost, or to realize it's Friday when you thought it was Thursday?

Neil Pasricha knows something about it. In 2008 he began a special countdown. As he was going through a difficult time, he started a blog called 1,000 Awesome Things about simple pleasures in life.

Three years later, the countdown will come to an end this April.

The Canadian author has since published two bestseller books.

His third was released

two months ago.

Using his great sense of observation, he writes with humour and a hint of nostalgia.

Bet you can't read his blog without smiling.

How did you get the idea for your blog?

Well, let's be honest, it's getting pretty heavy out there. Pull open a newspaper and it's cruise ships tipping over, wars across the world, rising gas prices, and a jobless recovery.

The Books of Awesome are just an escape from the sad news and bad news pouring down everyday.

They're a place where global warming, terrorist threats, and U.S. election coverage sits backseat to warm underwear out of the dryer, the cool side of the pillow, and popping

Bubble Wrap.

How many visitors do you have every day and how many readers in total, so far?

The Book of Awesome has been a New York Times Bestseller, No. 1 international bestseller for 80 weeks, No. 1 bestselling non-fiction book in Canada for 2010 and 2011.

1,000 Awesome Things has won the Webby Award for Best Blog in the world for the past two years. It has over 40 million hits. Over 100,000 people read it each day through the blog, Twitter and Facebook.

Why do you think it became such a big success so fast?

I'm the most surprised! Honestly, when I first started 1,000 Awesome Things I was excited when my mom forwarded it to my



► Neil Pasricha, a.k.a. Mr. Awesome.

dad and the traffic doubled. Then I was excited when strangers started emailing me and friends and I would say to each other: "You know what's awesome? When there's still time left on the parking metre! When cashiers open up new lanes at the grocery store! When you get the milk-to-cereal ratio

just right!"

I've been extremely flattered by all the notes I get from folks around the world.

Cancer patients telling me awesome things remind them of how much joy life really holds. Children writing cute emails telling me they love neighbours with pools and pop-

ping Bubble Wrap too, and preachers telling me they read from The Book of Awesome in their churches.

I guess maybe these tiny little moments make a big difference in a lot of our rushed, jam-packed lives.

Maybe these small moments add up to a big deal at the end of the day.

Derks Southside Only

INDULGE CLEARANCE SALE

Save Up to 80% off

*some restrictions apply

8111-102 Street 780.433.6614

WHY PAY TO SELL?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Congratulations! You've decided to sell your home; one of the biggest decisions you'll make in life. Based on referrals, you interview three realtors and learn that each will charge a hefty commission to market and sell your home.

Feeling irritated by the commission rates? You're not alone. According to ComFree's December 2011 poll of Canadians, 58 per cent of respondents would rather make a purchase from someone who is not working on commission. If you can't justify paying \$15,000 in realtor commissions, you have other options. You can sell your own home privately. To do this,

buy a For Sale sign from the dollar store and hang it on your lawn. Generally speaking, however, if you don't market your home through newspaper ads, Kijiji and online brokerage sites, no one will know it's on the market. The largest risks with this approach are that you may not be equipped with the right information to know how to price, market, and wade through the legalities of selling your home.

Use reduced commission listing services, such as ComFree, which allows you to market your property through its website and brokerage sites like MLS and Realtor.ca. It also provides resources to educate buyers and sellers on their local real estate market and a step-by-step real estate transaction framework. The fees for these services are less than \$1,000 — a fraction of what an average home seller would pay in commission.

Sometimes less is more

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



What is the secret to financial success? I have the answer — simplicity.

Yes, if you buy gold or real estate before it skyrockets, play the stock market game well or live off the land and save most of your income, you will have financial success.

But how many people can do that? Very few. The alternative is to aim for simplicity in your financial life. In my new book, *Count on Yourself: Take Charge of Your Money*, I go through an easy process of financial closet cleaning in order to prune all the money bits and pieces that clutter our lives and then organize what is left over.

I call it the KISS approach to money — Keep It Simple Smarty.

No one knows who originated the KISS (Keep It Simple Stupid) principle, but there's no question it was a powerful catchphrase in the 1960s for the U.S. National Aeronautics and Space Administration (NASA), when they were striving to put a man on the moon. That such a complex feat of science and engineering should reference simplicity in the form of KISS is very telling.

I've changed the last word to Smarty because I believe it's smart to keep your financial life as lean as possible.

A typical family will have multiple bank accounts and credit cards, a mortgage, home equity or personal line of credit, as well as car and student loans, not to mention RRSPs, RESPs, and TFSA's to deal with on a monthly



▶ Alison's money rule: Cleaning your financial closet is the first step to taking control of your money.

basis.

Complexity not only makes it difficult to stay on top of your finances but it costs you money in unnecessary fees and duplicated services.

Ask yourself: Do I need those retail credit cards, two chequing accounts with overdraft protection, more than one RRSP or RESP, all those TV channels, call forwarding on my phone? You'll find the pruning process energizing.

When it comes to the investments in your RRSP, for

example, apply the same principle of less is more. Have one investment for bonds, one to cover the Canadian market and one for the U.S. Just three products, plus some cash, and you have a perfect mix.

Keep it simple and you will find it far easier to get control financially and pay closer attention to the money side of your life.

ALISON GRIFFITHS IS THE AUTHOR OF *COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY*. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

STARTS FRIDAY

FRONT ROW CENTRE EVENTS

THE GREAT DIGITAL FILM FESTIVAL™ 2012

FEBRUARY 3 - 9, 2012

SCOTIABANK THEATRE EDMONTON
#3030, 8882-170 Street, EDMONTON

TICKETS ONLY \$5⁹⁹ PER FILM. ON SALE NOW!
DISCOUNT PACKAGES AVAILABLE ONLINE AND AT THE BOX OFFICE!

PICK UP FRIDAY'S METRO FOR THE FULL SCHEDULE!

SERENITY
 ROBOCOP
 SCARFACE
 AIRPLANE!
 SPACEBALLS
 PULP FICTION
 STAND BY ME
 JURASSIC PARK
 THE LOST BOYS
 ITHREE AMIGOS!
 THE TERMINATOR
 SIXTEEN CANDLES
 THE BIG LEBOWSKI
 SHAUN OF THE DEAD
 BACK TO THE FUTURE
 BACK TO THE FUTURE 2
 BACK TO THE FUTURE 3
 FERRIS BUELLER'S DAY OFF

metronews.ca
 SPACE
 movie poster.com

VISIT CINEPLEX.COM/EVENTS FOR TICKETS AND FILM DETAILS.

RR\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$
\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$
\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$P

Earn more, plus more.

2.13%* + **SCRATCH & EARN UP TO A 3%** BONUS**

RRSP/RRIF/TFSA GIC

Visit a branch today to build a flexible investment portfolio that suits your needs.

Eight Edmonton and area branches to serve you.
cwbank.com

* Rates subject to change without notice. Available in-branch only. Interest compounded annually. See branch for full details.
** Scratch & Earn Bonus available on WestEasner® RRSP, RRIF and TFSA GICs purchased between December 1, 2011 and March 1, 2012 only.

CANADIAN WESTERN BANK
 The Working Bank®
 Member of CDIC

The ABCs of investing

► Choose the right savings vehicle today to prepare for a better tomorrow



Investing is an important way to save for what matters to you, such as buying your first home or retirement. But with a dizzying number of investment options available, how can you choose where to put your hard-earned cash?

"It's important to take charge of your financial future by gaining the knowledge to create a personalized financial plan that covers investments, retirement planning, tax savings, estate planning and risk management," says Robert McCullagh, a certified financial planner (CFP) and past chair of Advocis, The Financial Advisors Association of Canada. "With so many choices, the right information can make the

difference in your financial success."

A CFP or a financial adviser can explain the various options. In the meantime, review these common investments to determine which is right for you:

RRSP: A registered retirement savings plan is an investment account designed for saving for retirement. Regulated by the Canadian government, RRSPs have special tax benefits. Annual RRSP contributions can reduce the amount of income tax you pay in that year or future years, and the money you put away can have years of tax-deferred growth potential. You only pay tax on the amounts you withdraw.

Mutual fund: These funds let you invest in a group of

broad or specific investments picked by a professional manager. When you put your money in a mutual fund along with many other people, it creates a large pool of money that can be invested. The manager decides where to invest the money, then handles it for all of the investors. The manager will provide clients with advice, diversity and a mandate. For example, if you choose to invest in tech stocks or balanced funds, that's what you will get.

TFSA: Launched in 2009, the tax-free savings account is a flexible general-purpose savings vehicle that allows Canadians to earn tax-free investment returns to help them more easily meet their lifetime savings needs. Canadian residents age 18 or older

can contribute up to \$5,000 annually to a TFSA. Investment income earned in a TFSA is tax free, as are withdrawals

GIC: A guaranteed investment certificate offers a guaranteed rate of return over a fixed amount of time, such as six months, one year, two years or up to 10 years. A GIC may pay a higher interest rate than savings accounts, but not always. You may receive a higher rate of interest for a longer-term contribution, but this will restrict your ability to invest in other things. GIC returns should be adjusted for inflation and be after tax, to reflect real returns. With some GICs, if you need to get your money back sooner, you won't earn any interest; in fact, you may have to pay a fee or penalty.



► Take charge of your financial future by gaining the knowledge to create a personalized financial plan.

Are you tired of the balancing act?



Balancing the uncertainties of life can be overwhelming. Visit mnpdebt.ca today and find out how we can restore financial stability to your life.

For a FREE, confidential consultation, call Zaki Alam at 1.866.465.1155 or:

Edmonton (Downtown):
Suite 500,
10104-103 Avenue NW*

Or one of our 3 other locations in Edmonton.

mnpdebt.ca

*Resident Office

Trustees in Bankruptcy & Proposal Administrators
Licensed by the Federal Government of Canada

MNP
LTD

Budget basics to achieve goals

If you are one of the many Canadians who doesn't enjoy watching how you spend your money, you are not alone — even the experts don't try to sugarcoat how exciting it is to keep track of your bottom line.

"Budgets are boring," says Stephen Cox, a certified financial planner with Desjardins Financial Security Independent Network in Halifax. "Most people think of budgets as being restrictive, but they should look at them as a tool that shows what they can afford to do, not what they can't do."

Cox offers the following tips for creating — and sticking to — a monthly budget:

Define and prioritize your goals. The first step is to decide what's important, then set a maximum of three attainable goals with concrete timelines. For example, maybe you want to spend a week in Cuba one year from now. "The more specific you are with your goals, the easier it is to reach them," says Cox.

Track your spending. If you don't have a budget,



► If you don't have a budget, you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost.

you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost. Then determine what you needed (groceries) versus what you wanted (Friday night dinners out with friends). Eliminating as many of the "wants" as possible will help you save. "We all work too hard for what we make," says Cox. "It's important to spend it mindfully."

Summon your willpower. If you are really keen to a vacation in Cuba, you will find a way to make the necessary choices to help you

save. That means making smart spending decisions such as cooking double the amount of your Sunday meal to pack for lunch during the work week.

Don't make excuses. Too rushed in the mornings to make coffee? Can't bear the thought of giving up your daily dark chocolate habit? "When it comes to budgeting, there's an excuse for everything," says Cox. If you are serious about saving, you will set your morning alarm 15 minutes earlier and watch the flyers for when your favourite chocolate goes on sale. **JANE DOUCET**

Caveat emptor

► Do your homework before choosing a financial adviser



When you are searching for a financial adviser, it pays to do your homework before signing on the dotted line.

"It's important for people to do their due diligence to protect themselves and their money," says Greg Pollock, a certified financial planner and the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada.

Pollock recommends familiarizing yourself with the following points before picking an adviser:

Check credentials. Ask what kind of related education and certification the person has. Are they keeping up with industry standards? "Also, find out

Meet your goals

► In Canada, the industry designation is certified financial planner, or CFP. Those calling themselves financial "advisers" may not be certified. CFPs take a broad view of a client's goals, whether they are one, five or 25 years away. They help them meet their goals by recommending certain products, such as RRSPs, TFSA's or mutual funds.

if they belong to a professional association," says Pollock, who cites Advocis and the Canadian Institute of Financial Planners. If they are a member of one or both, they will be obliged to follow the association's best practices.

Don't rely solely on refer-

als. Word of mouth is a good place to start, but not always reliable, even if someone you trust recommends his or her own planner (think of the Earl Jones and Bernie Madoff investment fraud scandals). "Even if the person has come highly recommended, you should still be objective and do your research," says Pollock. It's also important to find the right fit. Just because your best friend likes her planner's personality and financial strategy for her money doesn't mean you will, too.

Make sure diversification is a priority. Reputable planners won't ask you to put all of your financial eggs in one basket. "That's definitely not the way to go," says Pollock. And if someone can't or won't ex-



plain the investments they are pushing, you should take your business elsewhere.

Be wary of lofty promises. If someone promises unrealistic consistent returns, continue your search. "That's not normal be-

cause the markets go up and down, so the results will vary," says Pollock. The same advice applies if an adviser pushes you to invest beyond your comfort zone.

Stay away from confidentiality agreements. If a fi-

nancial planner offers you a special deal or asks you to sign a confidentiality agreement or keep certain information secret, run in the opposite direction.

"That's a big red flag," says Pollock.

"All transactions should be open and transparent."

“We’re not left or right brainers. Customers get our whole brain.”

Dave Mowat, CEO

When the analytical and the creative sides of the brain work together, better solutions are born. We call that “whole brain” thinking—and we do a lot of that here. Because people who think like whole-brainers are way more likely to come up with creative solutions. Seriously, it's who we look for at ATB, because it's exactly what Alberta needs. **If you're one—or you want your banking handled by one—drop me a line.**

davemowat@atb.com

SAVING | BORROWING | INVESTING | KNOW-HOW

™ Trademarks of Alberta Treasury Branches.

ATB Financial™

4
sports

Oilers preview

Colorado
at Edmonton
7:30 p.m.
TV: SNET



The Oilers (18-26-5) welcome Colorado (26-23-2) to resume their season. Gabriel Landeskog has four points in his last three games. Landeskog is tied for sixth in rookie scoring with 26 points. J.S. Giguere started the Avs' last four games, allowing 10 goals for a 2-2-0 record. Ryan O'Reilly (illness) missed one game before the break but is expected back tonight. Matt Duchene (left knee) is out until early February. **THE CANADIAN PRESS**

A whole new ball game?

► Comparisons to 2008 Super Bowl unavoidable as Giants and Pats set up shop in Indianapolis

Here we go again.

Four years after what many consider the best finish in Super Bowl history, the Giants and Patriots are facing off once more for the NFL championship. While there are no perfect records on the line this time, this matchup could be equally enticing.

It certainly looks that way heading into Sunday's big game. In 2008, with New England undefeated and having beaten New York in the regular-season finale, the Patriots were 12-point favourites before the stunning 17-14 upset loss. The spread now is three, and the Giants beat New England during the season.

Both teams are on quite a roll, too. The Patriots (15-3) have won 10 straight — it was 18 in a row in '08 — and the Giants (12-7) have five consecutive victories.

All of which matters not a bit to Bill Belichick, who will tie a record for head coaches with his fifth Super Bowl appearance.

"I've been asked about that game for several days now. All of the games in the past really don't mean that much at this point," said Belichick, 3-1 in NFL title games. "This game is about this team this year. There aren't really a lot of us coaches and players who were involved in that game, and very few players, in relative terms, between both teams. We are where we are now, and we're different than where

we were earlier in the season. The Giants are where they are now, and I think they're different than where they were at different points of the season."

The loss still reverberates for former Patriots linebacker Roosevelt

"To take it back years and years ... I don't think it has too much bearing on anything."

PATRIOTS COACH BILL BELICHICK ON COMPARING THE 2008 SUPER BOWL TO THIS SUNDAY'S

Colvin.

"It was like getting punched in the stomach," he said. "I still can't watch the highlights from that game because of the opportunity we missed out on was so grand."

Having come this far be-



► The New York Giants arrive in Indianapolis on Monday.

16

Number of current Giants who played on their Super Bowl-winning team in 2008. Only seven Patriots from that game are still with New England.

fore is immeasurably helpful, according to Justin Tuck, the leader of the Giants defence whose return to health and form has keyed New York's resurgence. He says the experience of four years ago will benefit everyone.

"The only thing that I tell the younger guys is make football football," Tuck said. "There's going to be a lot of parties. There's going to be a lot of people pulling at your coattail. Listen, if you go out there and you handle your business and you win this game, you can party all you want to after that."

"For me, personally, the first time I went to a Super Bowl I approached it as such — as a once-in-a-lifetime thing."

Lawrence Tynes kicked the Giants into the Super Bowl in overtime in '08 and — incredibly — this year, too. Wes Welker led the Patriots with 112 catches that season and had 122 in this one.

Similarities and differences, all juicy elements for Giants-Patriots II.

Here we go again.

THE ASSOCIATED PRESS

Derks

Southside Only

INDULGE CLEARANCE SALE

Save Up to

80% off

*some restrictions apply

8111-102 Street 780 433 6614

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	47	31	12	1	3	132	96	66	15-5-0-2	16-7-2-1	7-3-0-0	W2
d-Boston	47	31	14	1	1	171	102	64	16-7-1-1	15-7-0-0	5-4-1-0	L1
d-Washington	48	26	19	1	2	136	137	55	18-6-0-1	8-13-1-1	5-4-1-0	W1
Philadelphia	48	29	14	2	3	162	142	63	11-7-1-2	18-7-1-1	6-3-0-1	W1
Pittsburgh	49	28	17	2	2	152	127	60	14-7-2-0	14-10-0-2	7-3-0-0	W7
Ottawa	52	27	19	4	2	157	160	60	14-9-0-1	13-10-4-1	6-4-0-0	L3
New Jersey	48	26	19	1	2	129	136	55	12-9-0-2	14-10-1-0	4-4-1-1	L3
Florida	48	22	15	5	6	122	136	55	11-5-1-6	11-10-4-0	3-3-2-2	L1
Toronto	49	25	19	3	2	151	147	55	14-8-2-2	11-11-1-0	6-4-0-0	W2
Winnipeg	50	22	22	3	3	124	143	50	15-8-0-2	7-14-3-1	3-6-0-1	L3
Montreal	49	19	21	2	7	130	134	47	9-9-2-4	10-12-0-2	6-2-0-2	W2
Tampa Bay	48	21	23	1	3	136	165	46	16-7-0-1	8-16-1-2	4-5-0-1	W4
NY Islanders	48	19	22	5	2	115	143	45	11-11-4-0	8-11-1-2	5-4-1-0	L2
Buffalo	49	20	24	3	2	119	149	45	11-9-3-2	9-15-0-0	2-7-1-0	W1
Carolina	51	18	24	5	4	130	159	45	13-11-0-3	5-13-5-1	5-3-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	50	33	16	1	0	160	117	67	20-2-1-0	13-14-0-0	8-2-0-0	L1
d-Vancouver	49	30	15	0	4	158	122	64	14-6-0-3	16-9-0-1	6-2-0-2	W2
d-San Jose	47	27	14	3	3	131	110	60	15-8-2-0	12-6-1-3	5-3-1-2	W1
St. Louis	49	29	13	1	6	124	102	65	21-1-3-3	8-10-0-3	7-1-1-1	L2
Nashville	50	30	16	3	1	140	127	64	16-7-2-1	14-9-1-0	9-1-0-0	W4
Chicago	50	25	15	3	3	162	144	64	19-6-1-3	10-9-2-0	5-3-2-0	L2
Los Angeles	48	19	22	4	6	111	111	58	14-11-4-0	10-5-4-2	5-2-1-2	W1
Minnesota	49	24	18	2	5	115	126	55	13-6-1-2	11-12-1-3	3-6-0-1	W2
Colorado	51	26	23	2	0	131	144	54	14-12-0-0	12-11-2-0	4-5-1-0	L2
Dallas	48	25	21	0	2	126	136	52	14-9-0-2	11-12-0-0	4-5-0-1	W1
Calgary	50	23	21	3	3	120	137	52	13-7-1-1	10-14-2-2	5-4-0-1	L1
Phoenix	50	22	20	3	5	130	134	52	10-9-2-2	12-11-1-3	3-4-1-2	W1
Anaheim	48	18	23	3	4	124	144	43	13-12-1-0	5-11-2-4	8-1-1-0	L1
Edmonton	49	18	26	1	4	122	142	41	12-8-1-2	6-18-0-2	2-6-1-1	L1
Columbus	49	13	30	1	5	115	163	32	8-13-1-2	5-17-0-3	3-6-0-1	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Sunday's result	
ALL-STAR GAME	
At Ottawa	
Team Chara 12 Team Alfredsson 9	
Tonight's games	
All Times Eastern	
Ottawa at Boston, 7 p.m.	
N.Y. Rangers at New Jersey, 7 p.m.	
Winnipeg at Philadelphia, 7 p.m.	
Toronto at Pittsburgh, 7 p.m.	
N.Y. Islanders at Carolina, 7 p.m.	
Buffalo at Montreal, 7:30 p.m.	
Washington at Tampa Bay, 7:30 p.m.	
Nashville at Minnesota, 8 p.m.	
Detroit at Calgary, 9 p.m.	
Anaheim at Phoenix, 9 p.m.	
Colorado at Edmonton, 9:30 p.m.	
Chicago at Vancouver, 10 p.m.	
Columbus at San Jose, 10:30 p.m.	
Tomorrow's games	
N.Y. Rangers at Buffalo 7:30 p.m.	
Pittsburgh at Toronto, 7:30 p.m.	
Washington at Florida, 8 p.m.	
Dallas at Anaheim, 10:30 p.m.	
Columbus at Los Angeles, 10:30 p.m.	
Thursday's games	
Carolina at Boston, 7 p.m.	
Montreal at New Jersey, 7 p.m.	
Nashville at Philadelphia, 7 p.m.	
Winnipeg at Tampa Bay, 7:30 p.m.	
Minnesota at Colorado, 9 p.m.	
Chicago at Edmonton, 9:30 p.m.	
Detroit at Vancouver, 10 p.m.	
Dallas at San Jose, 10:30 p.m.	
CALENDAR	
Feb. 27 — Trade deadline, 3 p.m.	
March 12-14 — NHL general managers meet-ing, Boca Raton, Fla.	
April 7 — Regular season ends.	
April 11 — Stanley Cup playoffs begin.	

SCORING LEADERS

	G	A	PT
Malkin, Pgh	26	32	58
Giourou, Pha	18	37	55
Ma,Hossa, Chi	20	33	53
Datsyuk, Det	14	39	53
Stamkos, TB	32	20	52
Lupul, Tor	32	20	52
H.Sedin, Vcr	11	41	52
Kessel, Tor	26	25	51
D.Sedin, Vcr	21	30	51
Toews, Chi	27	23	50
Spezza, Ott	20	30	50
Tavares, NYI	20	29	49
Neal, Pgh	27	20	47
Hartnell, Pha	25	19	44
Pominville, Buf	17	30	47
Karlsson, Ott	7	40	47
Elias, NJ	18	28	46
Eberle, Edm	18	27	45
Selanne, Ana	15	30	45
Pittsburgh at Toronto, 7:30 p.m.	25	19	44
Eriksson, Dal	15	27	44
Kopitar, LA	15	29	44
Moulson, NYI	22	21	43
Seguin, Bos	19	24	43
Versteeg, Fla	19	24	43
P.Bergeron, Bos	15	28	43
St. Louis, TB	12	31	43
Parenteau, NYI	10	33	43
Ra.Whitey, Pwh	15	27	42
Backstrom, Phx	13	29	42
Benn, Dal	13	29	42
Franzen, Det	19	22	41
Vanek, Buf	19	22	41
P.Kane, Chi	11	30	41
Sharp, Chi	20	20	40
Kovalchuk, NJ	19	21	40
Lecavalier, TB	19	21	40
Parise, NJ	15	25	40

TENNIS

ATP PBZ ZAGREB INDOORS

At Zagreb, Croatia	
Singles — First Round	
Ivan Ljubicic (1), Croatia, def. Karol Beck, Slo-vakia, 7-6 (5), 3-6, 6-3.	
Andreas Seppi (5), Italy, def. Daniel Brands, Germany, 6-4, 7-6 (1).	
Robin Haase (7), Netherlands, def. Kristijan Mesaros, Croatia, 6-2, 6-3.	
Lukas Lacko, Slovakia, def. Potito Starace, Italy, 7-6 (2), 6-7 (4), 6-3.	
Matthias Bachinger, Germany, def. Izak Van der Merwe, South Africa, 6-3, 6-3.	
Doubles — First Round	
Marin Draganja and Franco Skugor, Croatia, def. Lukas Kubot, Poland, and Sergiy Stakhovsky (4), Ukraine, 6-4, 3-6, 10-5 (tiebreak).	
Ivo Karlovic, Croatia, and Frank Moser, Ger-many, def. Alex Bogomolov Jr., Russia, and Travis Parrott, U.S., 2-6, 6-1, 11-9 (tiebreak).	

ATP OPEN SUD DE FRANCE

At Montpellier, France	
Singles — First Round	
Florian Mayer (6), Germany, def. Gilles Muller, Luxembourg, 7-6 (3), 6-3.	
Guillaume Rufin, France, def. Vasek Pospisil, Vancouver, 6-4, 7-6 (6).	
Nikolay Davydenko, Russia, def. Stephane Robert, France, 6-2, 6-1.	
Doubles — First Round	
Kenny de Schepper and Fabrice Martin, France, def. Flavio Cipolla, Italy, and Mikhail Elgin, Russia, 6-4, 6-2.	

NCAA BASKETBALL

Last night's result	
No. 4 Missouri 67 Texas 66	
Tonight's games	
All Times Eastern	
No. 1 Kentucky vs. Tennessee, 7 p.m.	
No. 5 North Carolina at Wake Forest, 9 p.m.	
No. 9 Michigan State at Illinois, 7 p.m.	
No. 15 Marquette vs. Seton Hall, 8 p.m.	
No. 16 Virginia vs. Clemson, 7 p.m.	
No. 19 Wisconsin at Penn State, 8 p.m.	
No. 25 Vanderbilt at Arkansas, 9 p.m.	

AP MEN'S TOP 25 POLL

	Record	Pts	Prv
1. Kentucky (63)	21-1	1,623	1
2. Syracuse (2)	22-1	1,550	3
3. Ohio St.	19-3	1,498	4
4. Missouri	19-2	1,363	2
5. North Carolina	18-3	1,331	7
6. Baylor	19-2	1,310	6
7. Duke	18-3	1,250	8
8. Kansas	17-4	1,178	5
9. Michigan St.	17-4	1,098	10
10. Murray St.	21-0	979	11
11. Nevada-Las Vegas	20-3	936	12
12. Florida	17-4	861	14
13. Creighton	20-2	803	15
14. Georgetown	16-4	762	9
15. Marquette	18-4	682	17
16. Virginia	17-3	578	19
17. San Diego St.	18-3	566	13
18. Saint Mary's (Cal)	21-2	472	21
19. Wisconsin	17-5	415	25
20. Indiana	17-5	395	16
21. Florida St.	14-6	375	23
22. Mississippi St.	17-5	329	18
23. Michigan	16-6	305	20
24. Gonzaga	17-3	141	—
25. Vanderbilt	16-5	102	—

Others receiving votes: Harvard 69, Louisville 65, Kansas St. 40, West Virginia 12, Wichita St. 9, Nevada 6, Notre Dame 6, Southern Miss. 5, Iowa St. 3, Long Beach St. 3, Iona 2, Uconn 2, Illinois 1.

Ballots Online: <http://tinyurl.com/43u6jr6>

SOCCER

AFRICAN CUP OF NATIONS

FIRST ROUND

x-advances to quarter-finals

GROUP A							
x-Zambia	3	2	1	0	5	3	7
x-Equatorial Guinea	3	2	0	1	3	2	6
Libya	3	1	1	1	4	4	4
Senegal	3	0	0	3	3	6	0

Sunday's results	
At Malabo, Equatorial Guinea	
Zambia 1 Equatorial Guinea 0	
At Bata, Equatorial Guinea	
Libya 2 Senegal 1	

GROUP B							
x-Ivory Coast	3	3	0	0	5	2	9
x-Sudan	3	1	1	1	4	4	4
Angola	3	1	1	1	4	5	4
Burkina Faso	3	0	0	3	2	6	0

Yesterday's results	
At Bata, Equatorial Guinea	
Sudan 2 Burkina Faso 1	
At Malabo, Equatorial Guinea	
Ivory Coast 2 Angola 0	

GROUP C							
x-Gabon	2	2	0	0	5	2	6
x-Tunisia	2	2	0	0	4	2	6
Morocco	2	0	0	2	3	5	0
Niger	2	0	0	2	1	4	0

Today's games	
All Times Eastern	
At Franceville, Gabon	
Gabon vs. Tunisia, 1 p.m.	
At Libreville, Gabon	
Niger vs. Morocco, 1 p.m.	

GROUP D							
Ghana	2	2	0	0	3	0	6
Ghana	2	1	0	1	6	2	3
Mali	2	1	0	1	1	2	3
Botsswana	2	0	0	2	1	7	0

Tomorrow's games	
At Libreville, Gabon	
Botsswana vs. Mali 1 p.m.	
At Franceville, Gabon	
Ghana vs. Guinea, 1 p.m.	

QUARTER-FINALS

Saturday, Feb. 4	
At Bata, Equatorial Guinea	
Zambia vs. Sudan, 11 a.m.	
At Malabo, Equatorial Guinea	
Ivory Coast vs. Equatorial Guinea, 2 p.m.	

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	19	16	1	2	67	18	49
Barcelona	20	13	6	1	59	12	45
Valencia	20	10	6	4	31	22	36
Levante	20	9	4	7	26	24	31
Espanyol	20	9	4	7	22	21	31
Atletico Madrid	20	8	5	7	31	27	29
Athletic Bilbao	20	7	8	5	30	25	29
Malaga	20	8	4	8	24	29	28
Getafe	20	7	6	7	22	26	27
Osasuna	20	6	9	5	22	32	27
Sevilla	20	6	8	6	21	22	26
Real Sociedad	20	6	6	8	22	28	24
Rail Betis	20	7	2	11	23	29	23
Rayo Vallecano	20	6	4	10	23	31	22
Malorca	20	6	4	10	14	27	22
Racing Santander	20	5	7	8	17	25	21
Villarreal	20	4	8	8	18	28	20
Sporting Gijon	20	5	3	12	19	38	18
Zaragoza	19	2	6	11	14	33	12

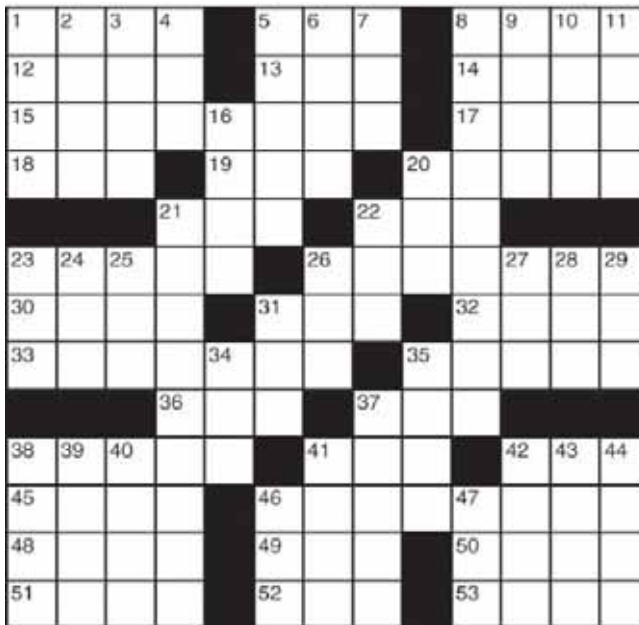
Crossword

Across

1 "OK"
5 Unruly crowd
8 Trail
12 Creche trio
13 Flightless bird
14 Great Lake
15 Important campaigns
17 Streamlet
18 Beerlike beverage
19 Triumph
20 Choir's rendition
21 Historic time
22 Greek cross
23 Sucker
26 Processions
30 Grand story
31 Moving truck
32 Use an old phone
33 Video-game parlors
35 Irritable
36 Snapshots, for short
37 Ph. bk. data
38 Inexpensive
41 Atmosphere
42 Eggs
45 Highway
46 Soldiers' "pineapples"
48 Differently
49 And so on (Abbr.)
50 Sweater eater
51 Drenches
52 Old soap ingredient
53 Helen's home

Down

1 Village People hit
2 Count's counterpart
3 Malaria symptom



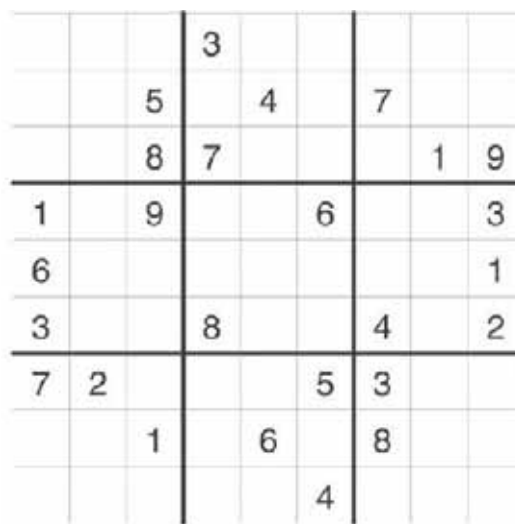
4 — and hers
5 TV, radio, et al.
6 Portent
7 Greyhound vehicle
8 Convinces
9 Met melody
10 Work the soil
11 Steerer's place
16 Wrong
20 Standard
21 Adventures of a sort
22 Catch some rays
23 Pod dweller
24 Spring mo.
25 Twitch
26 — de deux
27 Insult (Sl.)
28 Dine
29 Crafty
31 Annoy
34 Party bowlful
35 Ripped
37 Family member
38 Coxswain's group
39 Pit
40 Right on the map?
41 Bohemian
42 Stench
43 No from the White House
44 Wan

46 Toothpaste type
47 Qty.

▶ Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

5	7	2	6	4	3	1	9	8
8	4	3	1	9	7	2	6	5
1	9	6	2	8	5	3	4	7
9	5	1	7	6	2	8	3	4
3	2	8	5	1	4	9	7	6
4	6	7	8	3	9	5	2	1
7	3	9	4	5	8	6	1	2
2	1	5	9	7	6	4	8	3
6	8	4	3	2	1	7	5	9

A look at the weather

TUESDAY
Min -3°
Max 4°

WEDNESDAY
Min -6°
Max 2°

THURSDAY
Min -8°
Max 1°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 AM



Today's horoscope

♈ Aries March 21-April 20

Put your worries and woes — such as they are — behind you today and do things that remind you how good it is to be alive.

♉ Taurus April 21-May 21

If you dream about moving up in the world and of being someone special, now is the time to make it happen.

♊ Gemini May 22-June 21

Whatever restrictions you have been under these past few weeks seem to be disappearing fast.

♋ Cancer June 22-July 22 Stick to the facts today, especially when dealing with money matters.

♌ Leo July 23-Aug. 23

Life should be about people, not profits.

♍ Virgo Aug. 24-Sept. 22

If you are not sure which of your many brilliant ideas you should be following at the moment just ask a friend or a trusted colleague for their opinion.

♎ Libra Sept. 23-Oct. 23

You seem to be in an optimistic mood at the moment and that's great because all things are possible at this time of year.

♏ Scorpio Oct. 24-Nov. 22

You are likely to be somewhat emotional today but if it means other people are made aware of your needs then it's a good thing.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Even if you say the wrong things today you will get away with it.

♑ Capricorn Dec. 22-Jan. 20

You can and you must turn your attention to matters of a business and financial nature.

♒ Aquarius Jan. 21-Feb. 18

Good things are starting to happen in your life and there will be plenty more of them over the next two or three weeks.

♓ Pisces Feb. 19-March 20

Sometimes you can be rather thin-skinned and there is a danger you will react to provocation today, be it real or imagined.

© SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.



"I DON'T THINK YOU'VE HEARD A SINGLE COMPLAINT I'VE MADE ALL DAY, YOU SHOULD GO TO DOWNTOWN HEARING CENTRE!"

Downtown Hearing Centre Ltd.

10256 - 100 Street (across from City Hall)

780-422-6641

Free parking available
Amazing hearing aids at affordable prices
• 30 Day Trial • Home & Office Appointments

Derks Southside Only

INDULGE
CLEARANCE
SALE

Save
Up to
80% off

*some restrictions apply

8111-102 Street 780.433.6614



Everyone's Halo Slips Occasionally. We Can Help.

The Credit Angels

Canada's leading credit specialist and credit rebuilder

NO Interest! NO Deposit!

Until Summer 2012 • O.A.C. (ON APPROVED CREDIT)



Mona will
get you the
lowest rates
+100%
guaranteed
approval!



Roslyne
Western
Canada's
Auto
Credit
Specialist!



Lisa
Western
Canada's
Auto
Credit
Specialist!

**Banks say NO!
Your Angels Say YES!**

Make this your ONE & ONLY CALL and CHOOSE...

**FREE Insurance
for a year O.A.C.**



FREE Plasma TV



**FREE Warranty
(PEACE OF MIND)**



**BANK REPO AND LEASE SELLOFFS
2011, 2010, 2009, 2008 ALL MAKES & MODELS**

BAD CREDIT? No Credit? Bankruptcy? Good Credit O.A.C.



30 SUVs
FROM
\$79/bw



40 CARS
FROM
\$59/bw



Over 125 TRUCKS
FROM
\$99/bw

Most Models with \$0 down

APPROVED IN 3 EASY STEPS

1



CALL Credit Angels

2



**PICK YOUR
VEHICLE**

3



**DRIVE AWAY
TODAY**

**APPLY
ONLINE
NOW!**

www.GetAutoCredit.ca

**APPLY
ONLINE
NOW!**

1-888-575-7260



780-405-1418

#1 Suzuki Dealer in Canada! Millwoodssuzuki.com



SUZUKI



RECEIVE A VEGAS TRIP FOR TWO WITH EVERY VEHICLE PURCHASE

*AIRFARE AND ACCOMMODATIONS INCLUDED. TAXES AND FEES NOT INCLUDED.

**VISIT
MILLWOODS
SUZUKI TODAY
AND SEE WHY
WE ARE #1 IN
CANADA**



**DON'T PAY
FOR 120 DAYS***



2011 Kizashi Fully Loaded - LAST DAY!!
WAS ~~\$28,998~~ - ONLY \$23,798*

Kizashi



Apply @ MWSCREDIT.CA **Your guaranteed approval!!**

Bring in your driver's license, pay stub, and phone bill to take delivery of your vehicle.

*Rebate to dealer, GST extra.
Vehicle may not be exactly as illustrated.

TEST DRIVE ONE TODAY AT MILLWOODS SUZUKI

**SHOP
24/7@**

MILLWOODS SUZUKI.COM

ON THE AUTO ROW | 3403-93 STREET

780-450-4500

TOLL FREE 1-866-897-4500

